



MASSACHUSETTS YOUTH SOCCER

GOAL Defending in the defensive half

Key Qualities Be Proactive, Take Initiative

Age Group 12-U

Team Tactical Principles Stop opponent from playing forward and creating scoring opportunities

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

To outscore opponent, get players playing early as they arrive.

Organization

Two 30Lx20W fields with two small goals. Players play as they arrive 1v1,2v2,3v2etc

Rules

Kick ins if the ball goes out. If a goal is scored conceding team start with the ball



Coaching Points

Press the player with the ball. Hips facing out. Wait for attacker to make a mistake. Show player out wide.

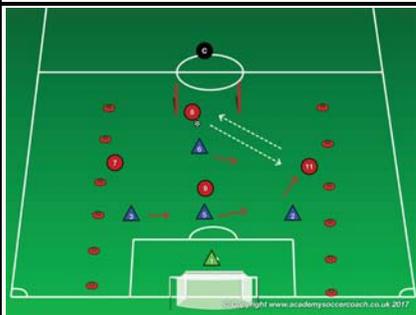
Guided Questions

How do you monitor the attitude of the players? Observe their behavior and demeanor What should you do if players are getting distracted? Take a break speak to players or move onto core activity

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization

25Wx40L 1 regulation goal and 1 counter goal. play 5v4 in favor of blue team

Rules

Reds start with the ball. kick ins, offside. goal kicks. If a goal is scored red team starts with the ball.

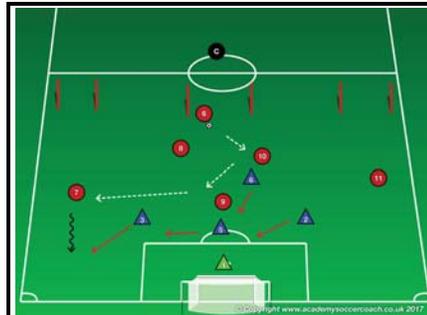


Activity Duration 20

of Intervals 5

Time Active 3

Active Rest 1



More Challenging Activity

Organization

55Wx40L 1 regulation goal 3 counter goals. play 5v4 in favor of blue team

Rules

Reds start with the ball. kick ins, Corner kicks, offside. goal kicks. If a goal is scored red team starts with the ball.

Objectives

To win the ball back and start an attack

Organization

55Wx40L 1 regulation goal 3 counter goals. play 5v4 in favor of blue team. Reds attempt to score in regulation goal, If blue win the ball they try to score in regulation goal.

Rules

Reds start with the ball. kick ins, Corner kicks, offside. goal kicks. If a goal is scored red team starts with the ball.

Coaching Points

Press the player with the ball quickly. Wait for attacker to make a mistake. Back line make the middle of the field compact only showing space in wide areas.

Guided Questions

How can you tell the practice is going well? Attacking team are struggling to create chances and keep losing possession. What cues should a defender look for when deciding to press quickly? Poor touch or bad pass from attacker

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To win the ball back quickly and start an attack

Organization

55Lx80W field play 9v9 or as close to as possible. Focus team play 1-3-3-2 Defending team 1-3-2-3

Rules

All FIFA rules apply



Coaching Points

Press the closest player, Force opponent to make a mistake. Keep the middle of the field compact to minimize becoming unbalanced?

Guided Questions

What was the topic? Stop opponents creating chances in the defensive third How did the players perform defensively? Good Reaction when they lost the ball, aggressive in the tackle